



DIABETES CHECKS ON WHEELS

The long-awaited Mobile Diabetes Care and Education Centre will soon roll out onto the streets and hit the heartlands in May.

The mobile centre which offers services such as diabetic retinal screening, diabetic foot screening, blood sugar level checks and patient diabetes education will be launched on 18 May by Mr Khaw Boon Wan, Minister for Health, at a special event called Healthy Lifestyle Day @ Causeway Point from 9.00am to 4.00pm.

To DSS vice-president and endocrinologist Dr Kevin Tan, the Mobile Diabetes Care and Education Centre, made possible by a generous donation of \$200,00 from the Lee Foundation, heralds a significant milestone in the history of the Society.

He said, "As opposed to our 'fixed' centres at Ang Mo Kio, Boon Keng and Jurong, we are now able to bring the expertise of our diabetes nurse educators deeper into the heartlands. We hope to make diabetes detection more easily available to the masses and diabetes education and support more accessible. The end-product is hopefully a reduction in the burden of diabetes in the community."

"While the mobile centre will help to broaden our services in the heartland, it will also foster closer working relationships with the grassroots organisations who can help to spread the word about diabetes management," added DSS president Mr Yong Chiang Boon.

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Ms Angie Lee, diabetes nurse educator, is excited about the launch of the mobile centre. "The services on board will definitely be welcomed by the elderly, especially those with ambulatory problems and anyone who has difficulty visiting our three diabetes education and care centres due to the condition or lack of transportation," she said.

The mobile centre will also focus on diabetes education.

Most diseases are surrounded by a number of myths. Ms Lee explained, "This stems basically from ignorance or lack of proper information. Similarly, diabetes too has given rise to a number of imaginary beliefs."

"There are still many among the public who are ignorant about diabetes and how it can affect their lives. Diabetes is a chronic, life-long condition that can lead to both acute and long-term complications such as accelerated health disease, stroke, kidney failure, loss of nerve sensation, loss of limbs and sight. It is imperative to debunk some of these widely prevailing myths and present the facts about this 'sweet killer'," stressed Ms Lee.

She added, "Education is vital in order to prevent diabetes or to reduce the rate of complications. Through diabetes education, the public, people with diabetes and the care givers will be equipped with the essential knowledge to make appropriate lifestyle modifications."

For more information about the Mobile Diabetes Education and Care Centre, please ring 6398 0282.